

<u>Program Name</u>	Calricaraq
<u>Sponsoring Agency</u>	Yukon-Kuskokwim Health Corporation (YKHC)
<u>Director Name</u>	Rose Nuyailnguq Domnick, Director of Preventative Services
<u>Geographic Area</u>	Southwest Alaska, villages served by YKHC
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Program Description

Calricaraq, which translates to Living in Ultimate Purity, is a 3-day community-based gathering and workshop based on Yup'ik traditional and prescribed ways of living and values that have been passed down by the Elders. These values and ways of living were developed into a curriculum that addresses family and community issues. The first step is an invitation from the tribe, followed by a Tribal Council meeting and planning by the Tribe and YKHC Prevention staff. Training and activities are conducted in both Yup'ik and English.

Brief History

The program uses the same basic curriculum as the Association of Village Council Presidents' (AVCP) Healthy Families the Yupik Way, **QASGIQ**. It was developed by a group of ten people with the guidance of elder Peter Jacobs during a Regional ICWA conference in January 2008. Peter Jacobs taught a holistic understanding of the Yup'ik cycle of life and how traditional teachings, values and traditions are applied throughout the developmental process in order to live a healthy balanced adult life. The program was further refined by the YKHC Calricaraq staff and Elders to increase the focus on behavioral health, historical trauma and traditional healing.

Project Goals

The overall goal of Calricaraq is to build and strengthen family units utilizing Yup'ik traditional ways of living. Its holistic approach instills the necessary tools and skills for survival and for living a healthy, balanced life, and to insure that it is passed on to the next generation.

Training Goals

The community gathering and follow-up activities seek to strengthen and empower groups, individual and families through building awareness and understanding of how the process of acculturation has weakened family systems. It promotes healing from the impacts of losses and inter-generational grief, and a reclamation of pride and value in traditional Yup'ik healthy living practices.

Who is trained?

The community gathering includes age appropriate activities for adults, youth and children.

Who are the trainers?

The Yup'ik staff of the YKHC Preventative Services Department.

Where does training take place?

In the villages of the YKHC region.

How long is the training?

The community gathering lasts 3 days. The length of additional activities varies.

What does the training include?

The gathering includes personal stories, talking circles, healing ceremonies, traditional dancing, prayer circles, craft and tool making, storytelling, teaching values and ancestral wisdom and knowledge, subsistence activities and guidance by Elders.

What follow-up is available after the training?

Follow-up activities include additional gatherings and training that goes deeper and has a more personal focus. Attention is paid to developing community support for addressing behavioral health issues.

What does the training cost?

There is no cost to individuals or communities for the program.

Has the program been evaluated?

Contact the director for details, (there has been no outside evaluation.) Participants are asked to evaluate the program and suggest ways to further improve it.

Program Funding Source

Indian Health Service grants

Trainer Qualifications

The trainers are respected Yup'ik residents of the region who have completed the Healthy Families program.

Additional information:

Visual program overview:

<http://www.ykhc.org/wp-content/uploads/2013/09/calricaraq-tnsflyer-031913.pdf>